

**Alzheimer's Disease and Related Disorders Commission  
Virginia Department for Aging and Rehabilitative Services  
Division for the Aging  
1610 Forest Avenue, Suite 100  
Richmond, Virginia  
December 1, 2015**

**MEETING MINUTES**

**Members Present**

Courtney Tierney, MSW, Chair  
Laura Adkins  
Vivian Bagby, RN  
Laura Bowser  
Sharon Davis  
Chris Desimone, Esq.  
Julia Trivett Dillon (phone)  
Valerie Hopson-Bell  
Carol Manning, Ph.D.  
Lynne Seward  
Patricia Slattum, Ph.D.  
Kevin Walsh

**Members Absent**

Janet Honeycutt  
Tommy Hudson, Esq.  
Lory Phillippo, Vice Chair

**Guests**

Marie Kolendo Alzheimer's Association  
Carter Harrison, Alzheimer's Association  
April Holmes, DARS  
Devin Bowers, DARS  
Mary Martha Stewart, Riverside Center for  
Excellence in Aging and Lifelong Health  
(CEALH)  
Dr. Christine Jensen, CEALH  
Mary Zoller Lightner, DMAS  
Christine Galligan, Student  
Donna Cantrell, DARS

**Staff**

Amy Marschean, Senior Policy Analyst  
Cecily Slasor, Administrative Assistant

**Meeting Summary**

<b>Agenda Items</b>	<b>Speaker</b>
<b>Welcome and Introductions</b> Mrs. Tierney called the meeting to order at 10:05 a.m. and welcomed members and guests. Members and guests introduced themselves. Ms. Marschean introduced Devin Bowers as the new Dementia Services Coordinator.	<b>Courtney Tierney</b>

<p><b>Review and Approval of August 2015 Meeting Minutes</b></p> <p>Chair Tierney asked if members had reviewed the August meeting minutes and if there were any changes needed. No changes were requested. Patricia Slattum made a motion to approve the minutes. The motion was seconded by Lynne Seward. Commission members voted unanimously to approve the minutes.</p>	<p><b>Courtney Tierney</b></p>
<p><b>Dementia Services Coordinator Quarterly Update (Handout)</b></p> <ul style="list-style-type: none"> <li>➤ <b>Outreach and Education</b> Ms. Bowers attended various conferences including the 2015 HCBS conference, 2015 VA Statewide Independent Living conference, Alzheimer's Association conference on Dementia, presented on the Dementia Care Best Practices Study at the VA Assisted Living fall conference, attended the launch of Operation Family Caregiver. Finally, Ms. Bowers was interviewed by a local Charlottesville radio station (WINA) about the ADI-SSS grant.</li> <li>➤ <b>Data - nothing to report for this quarter</b></li> <li>➤ <b>Collaboration and Partnerships</b> Ms. Bowers joined the Area Planning and Services Committee for Persons Aging with Lifelong Disabilities and attended two meetings. She attended the October meetings of the Geriatric Mental Health Partnership and the VA Brain Injury Council. She was invited by Charlotte Arbogast to join a workgroup collaborating on an ARDRAF proposal to establish a baseline rate for antipsychotic medication use among persons with dementia in assisted living.</li> <li>➤ <b>Grant Writing and Administration</b>  <p><b>ADSSP Grant: Awarded and In-progress</b></p> <ul style="list-style-type: none"> <li>i. Objectives 1 &amp; 2: Two AAAs have completed training and two are in the process; added an evaluation and feedback component to the training.</li> <li>ii. Objective 3: FAMILIES has entered year two; enrollment of caregivers has increased over the fall.</li> <li>iii. Second Semi-annual Report to ACL was submitted on 9/30/15.</li> </ul> <p><b>ADI-SSS Grant: Awarded and In-progress</b></p> <ul style="list-style-type: none"> <li>i. Awarded early September, will advance Goal 4 of the Dementia State Plan (coordinated care) and is led by DARS in partnership with UVA Memory &amp; Aging Care Clinic and JABA.</li> <li>ii. A news release on the new grant was issued November 13 and Ms. Bowers has had several meetings with grant partners, as well as conference calls with ACL staff.</li> </ul> </li> <li>➤ <b>Tracking Policy</b> Shared a two-page handout from the 2015-2019 Dementia State Plan with the National Capital Area chapter of the Alzheimer's</li> </ul>	<p><b>Devin Bowers, Dementia Services Coordinator</b></p>

<p>Association for distribution at their Winchester Walk to end Alzheimer's.</p> <p>Dr. Manning mentioned that the Associated Press picked up the ADI-SSS grant press release and it appeared in a number of national publications.</p>	
<p><b>Cardinal Reimbursement/W9Forms</b></p> <p>Mr. Thaniel explained coming changes to the Commonwealth accounting system and travel reimbursements for board members. Also, he discussed the need for board members to complete a W9 form for taxpayer identification number and certification to obtain reimbursement.</p>	<p><b>John Thaniel, Fiscal Director</b></p>
<p><b>DMAS Civil Monetary Penalty Grant: MicroLearning as a Tool for Delivering Person-Centered Care Training (Handout)</b></p> <p>The grant partners are DMAS-Division of Long-Term Care, CEALH, Grovo, and 8-10 Nursing Homes in Eastern VA, and the Centers for Medicare &amp; Medicaid Services (CMS). Grovo stands for Grow your vocation.</p> <p>The current challenge is that US businesses spend over \$160 billion annually on employee learning and training. 80% of information learned is said to be forgotten in 30 days (90% in one year). The average time to create one hour of classroom training is 43-185 hours and the average time an employee trains annually is over 30 hours. Fewer than 15% successfully apply what they learn</p> <p>Microlearning beats traditional learning in many ways:</p> <ul style="list-style-type: none"> <li>➤ 3-7 minute chunks of content</li> <li>➤ Bite-size microlearning yields an average of 4-5 learned items</li> <li>➤ It cuts development costs by 50% while increasing speed of development by 300%</li> <li>➤ Over 1.2 billion learners have access to Smart devices &amp; expect to use them</li> </ul> <p>Mrs. Tierney asked what the implication was for state regulatory standard requirements for a certain number of hours of training given that these modules are short intervals? Ms. Stewart hopes to show microlearning as being effective and useful to meet state standards. Mrs. Bagby asked how do people get answers to questions they may have about a microlearning session? Ms. Stewart stated people will eventually be able to type in their question and receive a response.</p> <p>Ms. Stewart played a demo that showed an aide helping a woman with dementia. The woman was having difficulty getting dressed by herself and the module focused on sequencing.</p> <p>Training Topics for the grant may include:</p> <ul style="list-style-type: none"> <li>Basics of dementia symptoms and types of dementia</li> <li>Understanding the experience of dementia</li> <li>Communication with people with dementia</li> </ul>	<p><b>Mary Martha Stewart and Dr. Christine Jensen, Riverside Center for Excellence in Aging &amp; Lifelong Health Mary Lightner, DMAS</b></p>

<p>Understanding actions and reactions (behaviors) of people with dementia  Engaging with people with dementia  Meeting people with dementia where they are  Preventing abuse  <b>Care situations</b>  Bathing and Brushing Teeth  Wanting to go home  Borrowing items that do not belong to them  Putting non-food items in one's mouth  Reducing antipsychotics</p> <p>Mrs. Tierney and Dr. Manning suggested the need to provide the training in a person's native language. It was also noted that the module was too wordy and could be pared down. In addition, there may be a need for separate modules for persons with little to no experience vs. those who have worked with persons with dementia for some time.</p> <p>Mrs. Tierney recommends that all staff take the training because everyone interacts with residents. Trainings will be available in March-April 2016 until Feb. 2017. They will train 750 staff members with no cost to nursing homes. There will be 52 microlearning units over 52 weeks that will be available 24/7. There will be an ability to track participation and persons will receive certificates of completion. The grant evaluation requires data collection to test staff knowledge and examine differences within and across facilities, as well as across types of staff. Ms. Seward thought this could build in questions from family caregivers and Dr. Walsh expressed hope for sustainability of the project.</p>	
<p><b>Legislative Committee - 2016 Legislation and Assisted Living Facility (ALF) Regulations Update</b></p> <p>Mr. Harrison and Ms. Marschean continue to work with Terry Smith of DMAS to address the issue of obtaining Uniform Assessment Instruments (UAI)s for long-term-care placements for Virginia residents coming from out-of-state hospitalizations. This was an issue raised at the MEOC Dementia State Plan hearing. Mr. Harrison reported that the bill on informed consent for human research will be carried by Delegate Pogge. Dr. Slattum noted that IRB training is very much needed. Mr. Harrison will begin a dialogue with the General Assembly members concerning a system of Memory Assessment Clinics in the Commonwealth and eventually use data from the new ADI-SSS grant.</p> <p>The ALF regulations rewrite has been going on for three years and is in the final stages. The Alzheimer's Association supports the following proposed regulatory changes and urged members to support, as well, as</p>	<p><b>Carter Harrison</b></p>

<p>the regulations move forward to their final stage:</p> <ol style="list-style-type: none"> <li>1. Increasing the annual training that direct care staff who work for assisted living facilities are required to complete from 16 hours to 18 hours.</li> <li>2. Increasing the cognitive impairment training required for direct care staff who work in mixed population facilities from four to six hours to be completed within four months of employment. (Non-direct care staff training must be completed within one month of employment and increased from one to two hours).</li> <li>3. Increasing the number of hours of training in cognitive impairment for administrators of facilities with special care units from 10 hours within a year of hiring to 12 hours within 3 months. The time period in which cognitive impairment training must be completed by direct care staff who work in a special care unit is within four months. Other staff cognitive impairment training is increased from one to two hours within a month of hiring.</li> <li>4. Increase the number of hours per week of activities that must be offered to residents in a safe, secure environment from 16 hours weekly, with not less than one hour each day, to 21 hours weekly, with not less than two hours each day.</li> <li>5. There must be at least two direct care staff members on each floor in each special care unit.</li> </ol>	
<p><b>Chronic Disease Self-Management Education</b></p> <ul style="list-style-type: none"> <li>➤ An evidence-based self-management program developed and researched by Stanford University</li> <li>➤ 6 week workshop for participants with 2 ½ hour sessions</li> <li>➤ Teaches tools and skills to deal with symptoms, manage common problems, and participate more fully in life</li> </ul> <p>Every week the workshop leader and participants create an action plan to manage their chronic disease. It is estimated that \$714 per person could be saved in ER costs by participating in the program. The program was started initially in 2005 at VDH and was moved to VDA in 2010. VDA received one of the highest awards for the grant and currently DARS is now under a no-cost extension. Federal funds have been reduced extensively and DARS has been working on its sustainability. From April 2010 through November 2015, 7,408 persons have completed the program. The VA Association of Area Agencies on Aging (V4A) is preparing a budget amendment to continue the program and expand it statewide. DARS is the lead agency but we are working with other state agencies and the AAAs.</p> <p>The National Council on Aging maintains a database that contains information about programs and participants. A study was conducted in 2010 regarding chronic conditions and persons with dementia. The CDC and Alzheimer's Association are collaborating to promote cognitive health and reviewed chronic disease prevention programs. CDSMP was identified as the "gold standard" for reducing medical costs. A survey was distributed to 2,000 master trainers. About one quarter of</p>	<p><b>April Holmes, Coordinator of Prevention Programs and Devin Bowers</b></p>

<p>the completed surveys were returned to Stanford. Over 80% of the respondents reported one or more participants with suspected dementia. Greater than 70% of respondents reported that participants attended with a caregiver.</p> <p>There are numerous benefits for caregivers including help with dealing with a loved one's chronic conditions, learning how to work with and support their loved one with dementia, learning muscle relaxation, better breathing, brainstorming and problem solving caregiving challenges. Chronic disease such as heart disease and diabetes can be linked to higher risk of developing a form of dementia.</p> <p>Ms. Bowers discussed the Caregiver Respite Voucher program that provides a \$400 voucher for caregiver to use for respite that is administered by DARS.</p>	
<p><b>Geriatric Workforce Enhancement Program</b></p> <p>The Virginia Center on Aging (VCoA) was successful in obtaining its HRSA grant. The overarching goal of this program is to improve the health and well-being of elders statewide, especially those at risk for adverse outcomes, with a focus on regions that are medically underserved and health professional shortage areas. This will be accomplished through strengthened geriatrics training in primary care, settings from pre-clinical to community practice, and through community-based partnerships.</p> <p>The Alzheimer's Disease and related disorders (ADRD) focus includes five annual conferences for providers, direct care workers, families, and older adults, resource modules on dementia care made understandable for family caregivers and accessible by SeniorNavigator through technology training, and a special ADRD track in the annual meeting of the VA Geriatrics Society. Dr. Ansello extended an invitation to all members to the VCoA holiday party on December 16.</p>	<p><b>Dr. Edward Ansello, Director, Virginia Center on Aging</b></p>
<p><b>Working Lunch: Governor's Conference on Aging</b></p> <p>Ms. Marschean and Ms. Bowers discussed the two proposed conference sessions with members and Ms. Bowers will be submitting the proposals to the conference oversight committee spearheaded by Martina James. Ms. Tierney and Dr. Slattum will present on the Dementia State Plan 2015-2019 and Dr. Manning and Dr. Jensen on the DARS dementia grants.</p>	<p><b>Amy Marschean Devin Bowers</b></p>
<p><b>Public Comment</b></p> <p>Sharon Davis commented that this is her third meeting and that she participated in the Memory Walk for Alzheimer's in her area last month. She put together a team and family and friends joined her. Men on the team wore a tie like her husband's to represent the loss of career for many people who face an Alzheimer's diagnosis. The team raised \$11,000. She has spent half of her adult life dealing with Alzheimer's because of family</p>	<p><b>Courtney Tierney</b></p>

<p>member's diagnoses and she is pleased to serve on the Commission, which has provided a new focus.</p> <p>Valerie Hopson-Bell attended the meeting that Senator Kaine attended recently around dementia. She reported Betty Bazemore was an advocate in the Fredericksburg area who passed away last year. Colleagues recently created a respite grant in her name.</p> <p>Vivian Bagby also attended the event with Sen. Kaine and was impressed with the event.</p>	
<p><b>New Business</b> No new business.</p>	<p><b>Courtney Tierney</b></p>
<p><b>Future Meeting Dates</b> March 22, 2016 May 1, 2016 August 30, 2016 December 6, 2016</p>	<p><b>Courtney Tierney</b></p>
<p><b>Meeting Adjournment</b> Chair Tierney adjourned the meeting at 1:35 p.m.</p>	<p><b>Courtney Tierney</b></p>